

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



New Year's Resolution?



Is your New Year's resolution to get healthier?

If so, we have exactly what you need! Group Fitness Training can help you reach all your health and fitness goals whether you're a beginner or an advanced exerciser. Each class consists of 1 hour of fat melting exercises designed to help you lose weight and build strong muscles and bones. Your health is your wealth so strike it rich in 2010 with GFT!

Includes:

- Personalized Meal Plan
- Certified Trainer to guide you to a healthier life
- Pre and Post fitness evaluations
- Results!

Your Investment:

- Members \$180 for 36 classes!
- Non-members only \$10 per class!
- Hard work!

State Employee Non-member Special Rate of \$5 per class!!!

Prevention Park Days and Times

Monday, Wednesday and Friday at 9 am or 4 pm
(New Day and Time) Tuesday at 5:30 pm

Downtown YMCA Days and Times

Tuesday and Thursday at 5:30 pm
Class starts January 4th! Sign up now!

Call or email Dan Spicer for details
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